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HALIFAX HEROES

A voice for
foster children
metroNEWS



Your essential daily news | TUESDAY, MAY 24, 2016

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NOVA SCOTIA'S MENTAL HEALTH EMERGENCY



Tyler Simmonds



Susan Killbride Roper



Shawntay Rose Dann



Laura Burke

Faces of Mental Health

Haligonians open up about their journey through the system. It hasn't been easy.

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DARTMOUTH

Police investigating after gunshot fired

Police investigators were canvassing a Dartmouth neighbourhood Monday, after a gunshot was fired during the early morning hours.

Officers responded to the area of Prince Albert Road and Lawrence Street at about 1:20 a.m. on Monday, after receiving "a report of a possible gunshot being heard," according to a Halifax

Regional Police news release.

Their investigation indicated that the shot had been fired about 20 minutes before police received the call. Witnesses reported to police that they had seen a man with a duffel bag running toward a suspicious vehicle, potentially a grey or silver pick-up truck, that had stopped in the area around the same time.

Once the sun came up Monday, investigators including a police dog, continued to search the area, uncovering enough evidence to support "the fact that a firearm had been discharged," the police news release said.

"There is currently no indication of anyone having been injured and no damaged property located," police said.

KRISTEN LIPSCOMBE/METRO

+ HAVE A TIP?

Halifax Regional Police would like to talk to anyone who may have information on this incident to call them at 902-490-5020 or Crime Stoppers anonymously at 1-800-222-8477.

HIGHWAY 104

Woman killed in multi-vehicle crash

A 35-year-old Halifax woman has died after a multi-vehicle accident on Highway 104 in Broadway Monday afternoon.

Just before 4 p.m., Pictou District RCMP and several fire departments responded to the collision that involved three vehicles, two of which collided head-on.

Police say the preliminary investigation determined an SUV was travelling east on Highway 104 near distance marker 188 and crossed the centre line, striking the rear driver's side of an oncoming pick-up truck. The SUV

continued east directly into the path of a westbound car.

One woman died at the scene. Two children — a three-year-old girl and a four-year-old boy — were in the car with the deceased woman. The boy has non life-threatening injuries and was taken to hospital. The girl was uninjured.

The 72-year-old female driver of the SUV sustained serious injuries and was transported via LifeFlight to hospital in Halifax. The occupants of the pick-up truck were not injured. TC MEDIA

Quebec woman dies at Peggy's Cove

INVESTIGATION

RCMP unsure how drowning victim ended up in the water



Kristen Lipscombe
Metro | Halifax

A popular Nova Scotia tourist spot is once again grappling with tragedy.

In the dark and dangerous waters off Peggy's Cove, a woman from a small Quebec town drowned to death Sunday.

Police officers, paramedics and firefighters responded to an emergency call about someone in the ocean off the rocks at Peggy's Cove at about 1:40 p.m. on Sunday, according to a Nova Scotia RCMP news release.

Some local fishermen reportedly tried to rescue the woman, but she had already died when they found her in the cold waters.

"She was 46 and was from Quebec," RCMP spokeswoman Cpl. Jennifer Clarke said Monday afternoon, adding the deceased woman was from a small town.



We're leaving all of our options open.

Cpl. Jennifer Clarke



Newly installed danger signs line the walk to the lighthouse at Peggy's Cove near where a woman was found dead along the shoreline. JEFF HARPER/METRO

"We didn't want to name the town, as we didn't feel that all the family members had been notified at this point," Clarke said.

The woman "was alone at the time" of her death, Clarke said, "and not believed to be travelling with a group."

Police could not provide any other information on how the woman ended up in the water.

"We're leaving all of our options open with respect to investigative avenues and circumstances," she said.

This isn't the first time the Atlantic Ocean has claimed the

lives of visitors to Peggy's Cove.

Last April, a young man from Smith Falls, Ont., died when he was swept off the rocks and dragged out to sea by a large wave. Last July, another Ontario man almost lost his life after falling into the ocean, but was saved by local tourist boat operators.

Just this past March, the Nova Scotia government announced plans to implement new safety measures at Peggy's Cove, including enhanced warning signs, a video message in the visitor information centre, interpretative panels describing

the ocean's strength and a social media campaign.

John Campbell, owner of the Sou'wester Restaurant adjacent to the lighthouse, told Metro in a March interview that rock barriers would also be installed around his business's parking lot to help direct visitors to three entrances to the rocks, which would all be properly signed.

Campbell, along with other community members and local organizations, made recommendations for the new Peggy's Cove safety measures to the provincial government.



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HALIFAX HEROES Ordinary people doing extraordinary things

'My life is not a pity story'

FOSTER CARE

Woman credits foster mom for who she has become



Yvette d'Entremont
Metro | Halifax

Tiffani Woodington vividly remembers the day in high school when she was told her learning disability meant she'd never make it in university and shouldn't even consider it. "That right there had me think, 'I'm going to prove you wrong someday,'" the 22-year-old recalled Friday.

Last week, Woodington graduated from Mount Saint Vincent University in Halifax with a degree in child and youth studies — and her own hero in the audience. Her foster mother, Alice Hiltz of Antigonish, welcomed Woodington into her home when she was a 10-month-old infant.

She calls Hiltz "nanny" and credits her for shaping her life in positive ways.

"I was in and out of care for my first four years and constantly just going back to (nanny's)," Woodington recalled.

"Then at four, I was a ward of the court in permanent custody of the department of community services and she took me and said that she would

care for me for the rest of my days in care, but basically forever she is going to be in my life."

Hiltz has been a foster parent to more than 120 infants over the years, so Woodington grew up around foster babies.

She developed a passion as an advocate for foster children and was motivated to pursue studies that would enable her to help them.

"I never told anyone in high school or growing up that I was a foster kid ... If people knew they never mentioned it," she said.

"I was ashamed of who I was. I was afraid that if I did talk about it I'd get stereotyped or judged or pitied and that's not something you want. You don't want to be pitied. My life is not a pity story."

When Woodington entered community college after high school, she became frank and open about her life as a foster child. That continued when she transferred to university.

"A lot of people say to me, 'You don't look like a foster kid,' and that is very powerful to me ... My response is, 'Well tell me what you think a foster kid looks like?' And then they tell me exactly what you see in the movies," she said.

"Kids doing drugs, kids going into jail, not doing anything with themselves, lazy, just getting government money. It blows my mind ... I feel like it's time to stand up and get rid of this negative stigma around us."

Woodington said she started sharing her story openly and publicly because she believes it's critical foster children hear positive stories about kids in care.

"Other foster kids who are struggling can look at it and say, 'I am going to do good in my life. I am not going to let stereotypes defeat me and I'm not going to let people bring me down and tell me I can't do something,'" she said.

"My story is just one of hundreds of stories that needs to be shared. If we share more success stories people are going to start looking at the whole foster care system a different way and start maybe opening their minds rather than just judging children."

Following her university graduation last week, Woodington shared her story with a local television news program. She said the positive feedback from people she has known and from complete strangers has been overwhelming.

"One of the girls my grandmother had years ago and that I still keep in contact with messaged me and told me how much of a role model and support I have been for her and her life," Woodington said.

"She said 'I couldn't be who I am today if it wasn't for you being so successful and showing me that I can do really well too.' It meant a lot."

Woodington plans to eventually pursue a degree in social work so she can have a more immediate impact on the lives of foster children. She has already made an impact with young children in care through her work at a group home.

"I grew up in a household where I was loved and I was supported to do the best I could ... I think (nanny's) role mod-



Tiffani Woodington, a graduate from Mount Saint Vincent University, grew up around foster babies and developed a passion as an advocate for foster children. CONTRIBUTED

"I feel like I'm making a difference and I just hope kids in care see this and look at it and say, 'Wow. I can do this too. I can beat the stereotype.'" Tiffani Woodington

+ UNSUNG HERO

Do you have someone to nominate?

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate

someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #Halifaxheroes



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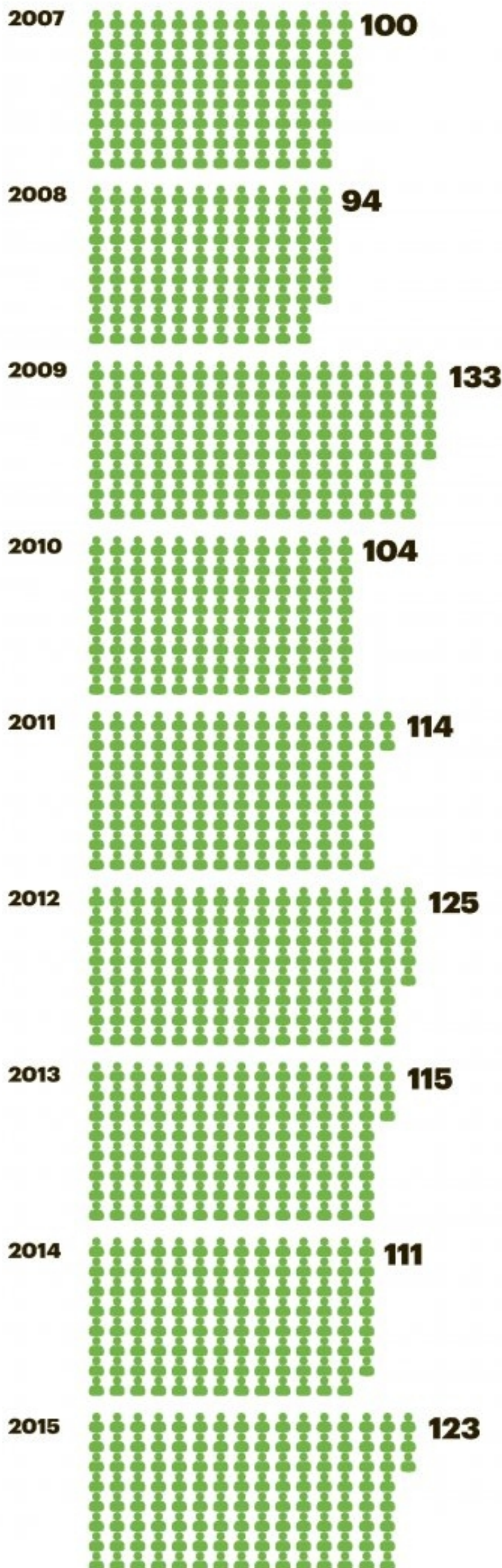
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NOVA SCOTIA'S MENTAL-HEALTH EMERGENCY

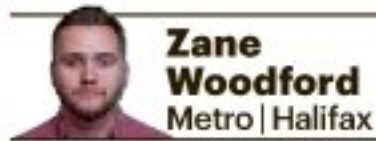
Suicide deaths
in Nova Scotia, 2007-2015

SOURCE: Nova Scotia Medical Examiner's Office

Moving in the wrong direction

FUNDING

Mental health care system is in big trouble says expert



Zane Woodford
Metro | Halifax

According to the Canadian Mental Health Association, mental-health care in the province has been moving in the wrong direction for more than 30 years.

"We're going backwards instead of going forwards," said Pamela Magee, executive director of the Nova Scotia division of the Canadian Mental Health Association.

"Right now, in our system, there's a lot of focus on traditional care and modes of care which we all know are extremely

costly, they aren't timely and they aren't the most effective and efficient way."

Magee's division of the association focuses on mental-health promotion and training people from all sectors. Seven branches of the association across the province focus on supporting people experiencing mental-health issues through financial and peer support.

From the late 1960s through to the early 1980s, Magee said, Nova Scotia and Canada as a whole led the way when it comes to population health and disease prevention, especially in mental-health care.

But since then, the focus — and the money — has shifted to the traditional care system.

Last year's provincial budget took the province further down that path. Funding for a number of community groups was slashed, including the cut of a \$79,000 grant to her organization. The government's position

was that that money would be better spent in the traditional care system.

"What we're seeing is that isn't the answer, which we already knew, because the formal care system can only handle so much, and then after that, people fall through the cracks," she said.

Her group advocates for a "full spectrum of care" — meaning a focus not only on acute care, when people are in crisis, but also in preventative measures.

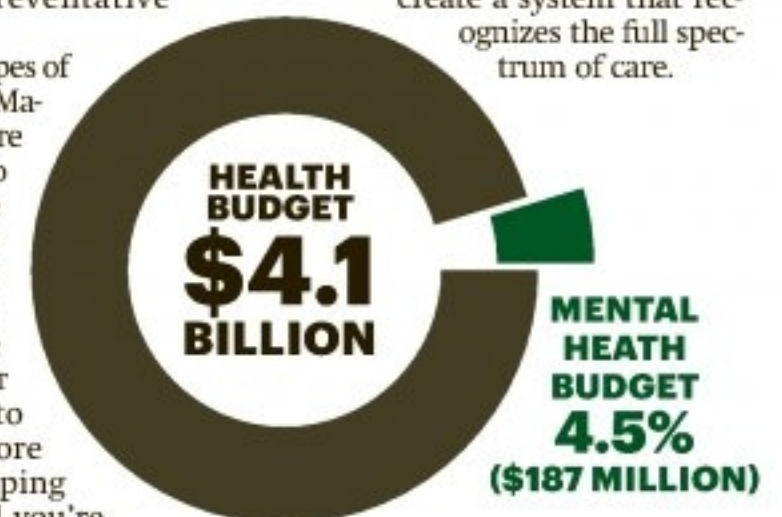
Those types of measures, Magee said, are designed to make sure no one falls through the cracks.

"You're waiting for someone to get ill before you're helping them. And you're

engendering an illness model, instead of a wellness model," she said.

"We need to support a wellness model."

Currently, 4.5 per cent of the health-care budget goes to mental health and addictions, including grants to some community organizations. Magee would like to see that number grow to 13 per cent, with a greater emphasis on community organizations to create a system that recognizes the full spectrum of care.



SUPPORT

Time to fix our broken system is now



Philip Croucher
Metro | Halifax

The time for talk is over.

We know the issue of mental health is a big problem in Nova Scotia.

But instead of doing something about it, government after government is refusing to put in the necessary systems and resources to fix our broken system.

Yes, it's broken. Make no mistake about it.

For us, this story took immediate importance when we

told you about Cody Glode in March.

The Truro MMA fighter was suffering from depression and having suicidal thoughts.

Wanting help, he went to see a family doctor and was told — unbelievably — it would take two months to see a mental-health specialist.

Cody didn't have two months. He took his own life.

Since we told that story, this issue has been front-and-centre for us at Metro.

We believe government — and the public as a whole — needs to do more. Talking and writing social-media statuses

might make us feel good, but it doesn't hit the deep-rooted problem.

We need to invest more into mental health — a lot more. Less than five per cent of our government's health-and-wellness budget goes to mental-health care.

We're calling on the government to take the advice of the Canadian Mental Health Association and increase that number to 13 per cent. Now.

You'll hear governments say we don't have the money, but we need to find that money anyway we can.

I don't want to see another

person die because we told them we couldn't afford to give them the help they need, right now.

Over the next four days, reporter Zane Woodford will be delving into the issue through the eyes of the experts and people who are suffering here in Halifax.

The stories are meant to keep the conversation going about mental health and to continue the pressure for change. And maybe we'll open a few more eyes to the problem at hand.

We are not letting go. We can't.



Truro MMA fighter Cody Glode was suffering from depression. TC MEDIA FILE

HOW TO GET HELP

If you're in crisis, go to the nearest hospital, call 911 or call the province's crisis line at 1-888-429-8167 (toll free), available 24 hours a day, seven days a week.

If you're looking for programs and services or information about mental health, contact the Canadian Mental Health Association at 1-877-466-6606 (toll free).

NOVA SCOTIA'S MENTAL-HEALTH EMERGENCY

'We're not alone in this'



Tyler Simmonds in the Art Gallery of Nova Scotia's Terroir exhibit, a selection of art with Nova Scotian roots. JEFF HARPER/METRO

COMMUNITY

Tyler Simmonds shares his story, uses creativity to help others

**Zane Woodford**
Metro | Halifax

Little more than a year ago, Tyler Simmonds couldn't get out of bed.

"I was just trapped in my mind, and the world didn't exist," Simmonds says.

Today, mental illness has loosened its grip, and Simmonds is poised to launch a book and a fashion line this

summer, ready to help those who find themselves now where he was then.

"We're not alone in this," he says.

"There's a large community of people who deal with mental illness. A lot of us want to help each other, because we know how bad it can be.... I don't want anybody else to ever go through that."

Simmonds first started to feel the effects of depression and anxiety in high school but didn't know what it was.

"I just felt like I was weird and different from everybody else," he says.

"I didn't seek help for it or anything like that because I just didn't know that anxiety existed at that age. I didn't know what

depression was, because in my community, nobody that I knew at all talked about mental illness or anything."

The 26-year-old from North Preston says he identified his symptoms as anxiety through a Google search and sought help



Everybody needs help, and nobody deserves to suffer alone.

Tyler Simmonds

from his family doctor.

After waiting weeks for an appointment with a psychiatrist, he was offered medication but little guidance.

"I still felt like I was the only one that had it," he says.

"For so long, I just felt so different from everybody else

— in a bad way. I thought that something was wrong with me all the time."

That was until about a year ago, when his mother suggested he go to Cole Harbour Community Mental Health.

There, he found much more

than a bottle of pills and a set of instructions.

"Instead of just sitting there and telling me this is what you should do, or reading off instructions to me, she would be like a friend and just sit there and tell me about her life, and I would talk about my life,"

Simmonds says of his clinician there, Nancy Trenchard.

"I feel like that's what people need: They need someone who's going to be like a friend to them."

He says in the last year, his health has improved more than in the five before it.

Trenchard introduced him to other people living with depression and anxiety and helped foster his creativity, pointing out that much of his work centred around helping others and encouraging people to be themselves.

"When I started getting better, I started to realize it was kind of like a duty of mine.... I just feel like it's just in me; I just have to do it now," he says of his desire to give back.

"I feel like if we go through really hard things, when we start to get better, we're supposed to help those people who are in that position that we were in."

Among other creative pursuits such as his upcoming book and non-gendered clothing line, the YouTube video series Simmonds started a few months ago tackles the stigma surrounding mental illness and helps him come to terms with his feelings.

"It's all like therapy for me," he says. "It's me expressing myself and knowing that I'm possibly helping someone else. That helps a lot, too."

Tyler has asked that we include his email. If you need someone to talk to, reach out: info@tylersimmonds.com

FAMILY

A dad speaks about his son: We were some of the lucky ones

**Stephen Kimber**
For Metro | Halifax

My recollection — which is wrong — is it happened out of nowhere and for no reason.

It was a Sunday in November 2009. My wife and I and Michael, our youngest son, sat in a Quinpool Road restaurant, waiting too long for the dim sum we'd ordered too much of to finally arrive.

Suddenly, Michael started to

cry. And couldn't stop.

He was 26 years old. He'd graduated six months before with his second degree. He was smart, funny, quirky, creative, with a head full of ideas for future books, movies and projects. He had a smart, funny, quirky, creative girlfriend. What could be wrong?

We knew he didn't have a job, but new-grad jobs were scarce then.

We knew he was anxious about the future. We knew he hadn't been sleeping well.

"It's going to be OK," I said.

It wasn't. He kept crying. We asked for the dim sum to go.

That was the beginning of what Michael calls his "nervous breakdown," four dark months when his life became "about the things I was leaving behind rather than the future I was going towards."

I know now just how common Michael's experience is, especially among smart, funny, quirky, creative kids who grew up believing they could be whatever they chose and sud-

denly smacked up against a world that could care less.

I know too just how dangerous that time can be. Michael has friends who killed themselves, others who tried.

Michael was lucky.

His mother became his advocate through a mental-health system that needs way more of them. We had resources to pay for private counseling. Michael was able to get medication that worked. And he began writing what became a widely read blog — "about

falling on your face to figure out who you are" — to make sense of the experience for himself and help others understand they were not alone.

Over the course of a year, he came through the darkness.

It's now more than six years later. Michael has a good day job. He's produced the first season of an independent web TV series and is writing more TV pilots and screenplays than I can keep track of.

He is — we are — lucky. But far too many still fall through.

**Michael Kimber** CONTRIBUTED



Runners start the 5k race during the Bluenose Marathon weekend, on Saturday. JEFF HARPER/METRO

Blue Nose gets bigger than ever

2016 BLUE NOSE MARATHON

Event included wheelchair showcase, youth run



Kristen Lipscombe
Metro | Halifax

More runners than ever before hit Halifax streets for the Blue Nose Marathon this

past weekend.

The Doctors Nova Scotia Youth Run was "bigger than ever," a news release said, with 4,200 kids trying out two kilometres or four kilometres as their families cheered them to the finish line.

In total, almost 13,000 participants put on their bibs for the 2016 Scotiabank Blue Nose Marathon, the 13th annual edition of the event, which ran Friday through Saturday.

The marathon raised more than \$550,000 for 85 local

charities through the Scotiabank Charity Challenge, a news release issued Sunday said.

Bryan Hipson of Yarmouth won the men's full Scotiabank Marathon with a time of 2:46:40, while Heather O'Donnell of Bridgetown claimed this year's women's title with a 3:11:25 time.

Atlantic Canadians came out on top in every Blue Nose Marathon category except for the female half-marathon, won by Paula James of Windsor,

Ont., who had a 1:28:57 finish.

This year's Blue Nose also featured the first-ever five-kilometre wheelchair showcase, with six elite athletes taking part, including Paralympian Josh Cassidy, who finished in 11 minutes and 24 seconds.

"It was an incredible weekend," marathon chair Rod McCulloch said in Sunday's news release.

"Spectators turned out all along the route to cheer participants through the streets of Halifax."

+ MORE FIRST PLACE FINISHERS

Full marathon (male):

Bryan Hipson of Yarmouth, 2:46:40

Full marathon (female):

Heather O'Donnell of Bridgetown, 3:11:25

Half marathon (male):

Matt McNeil of Halifax, 1:08:54.

Half marathon (female):

Paula James of Windsor,

1:28:57

10K (male):

Connor McGuire of Halifax, 00:33:12

10K (female):

Ashley Chisholm, 00:41:11

Full race results can be found at bluenosemarathon.com.

NHL

Coaching legend John Brophy dead

Former NHL head coach John Brophy has died. He was 83.

The ECHL, where Brophy coached for 13 seasons, said in a statement Monday the native of Antigonish died after a lengthy illness.

Brophy took over head coaching duties of the Maple Leafs for the 1986-87 season, leading Toronto into the second round of the playoffs. He was fired 33 games into the 1988-89 season after the Leafs got off to an 11-20-2 start.

"Sad to hear on the passing of John Brophy - @MapleLeafs a coach who was demanding, intense, a tad out there & passionate! #ATrueCharacter" former Leafs centre Ed Olczyk posted on Twitter.

Brophy signed on as head

coach of the ECHL's Hampton Roads Admirals for the 1989-90 season.

He led the Admirals to three league titles over 11 seasons.

He ended his ECHL coaching career with two years behind the bench of the Wheeling Nailers, retiring after the 2002-03 season.

Brophy was inducted into the ECHL Hall of Fame in 2009.

"The entire ECHL is saddened to hear of the passing of John Brophy," league commissioner Brian McKenna said in a release. "Our thoughts and prayers go out to the Brophy family."

"There was no greater competitor than John Brophy. He played a significant role in building the ECHL and



John Brophy looks toward the game clock during an NHL game in 1987. THE CANADIAN PRESS

our annual Coach of the Year award bears his name."

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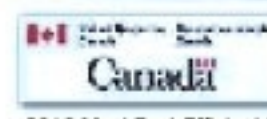
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Not your grandfather's kilt: Designer gives tartan a twist

FASHION

Local clothing label is looking to fill a void in the industry

A rainbow of Scottish tartans are piled floor-to-ceiling on a shelf in the corner of Veronica MacIsaac's tiny Halifax studio, a chaotic space cluttered with fabric scraps, scribbled notes and an empty wine bottle.

The designer is busy preparing for her latest fashion show, set for next Saturday at the Maritime Museum of the Atlantic in Halifax.

MacIsaac designs tartan clothing with a modern twist, filling a void she noticed growing up in a family that makes kilts for a living.

"Men have kilts, but women don't have the equivalent. There's mid-calf-length pleated skirts and the sash across the shoulder, but it's all pretty hokey," said MacIsaac, her boisterously curly dark hair draped over a Cape Breton tartan shirt.

"I had been telling my mother for years to do a women's line, that she should make tartan clothes



Veronica MacIsaac is seen in her studio in Halifax on Friday. MacIsaac combines tradition with creativity to craft her visions. ANDREW VAUGHAN/THE CANADIAN PRESS

for women. Finally one day she said, 'Why don't you do it?' And it was like one of those Oprah, come-to-Jesus moments."

MacIsaac has carved out a niche in the fashion world that women with Scottish

heritage and tartan lovers had been longing for — all from her tiny studio in Halifax.

She sells her pieces to people all over the world, including Australia, China and across Europe and North America.

"I got into this so that people could wear their own family tartan, but just in a way that they would normally wear it," said MacIsaac, adding that some customers do not

have Scottish ties, but simply like her designs.

MacIsaac makes an array of clothing for the modern young woman, from mini skirts to wrap tops, dresses and blazers. She's even dabbled in menswear, having made tartan vests and bow ties.

But one of the most rewarding parts of her work is transforming a family kilt into a wearable piece, she said.

"One woman, her husband

had a kilt made by my parents, and he had died suddenly. They didn't have any kids so it's not like there was a son to pass the kilt down to. But he loved this kilt and wore it all the time," said MacIsaac.

"I made her a little fitted and then flared out skirt and a short-sleeved 40s-style jacket and she loved it, and it was emotional for me. I take great pride in doing that. I take great pride in taking some-

+ READY TO WEAR

Since starting Veronica MacIsaac Apparel eight years ago, the designer's work has appeared on runways in Canada and the U.S. It has also been featured on the pages of international publications such as British Vogue and Vogue Italia. THE CANADIAN PRESS

thing with all these memories attached to it and giving it new life."

In MacIsaac's bright living room, a dozen pieces slated for the runway in her upcoming fashion show hang from a rack next to a mannequin wearing one of her latest creations.

It's a show-stopping floor-length gown in a deep red with maple leaf tartan accents and sexy cutouts at the waist.

"I'm actually using a lot of non-tartan this time. But this is not my descent into non-tartan clothing or anything," said MacIsaac with a hardy laugh. "I just thought I'd include a few pieces that are a little different."

MacIsaac said she's also pared down her ideas for this collection, which will feature roughly 25 designs, about five to 10 less than what she usually includes in her shows.

THE CANADIAN PRESS

"I had been telling my mother for years to do a women's line."
Veronica MacIsaac

SEWAGE TREATMENT

Towns move to build own plants

If you've driven anywhere near Windsor in the past few months, chances are you've noticed the massive construction site along Highway 101.

By the beginning of June, that building is where much of the Town of Windsor's wastewater will go to be processed.

Some of Windsor's wastewater will also go to the treatment facility in the industrial park, which also serves the community of Three Mile Plains.

Falmouth residents have their own wastewater treatment plant near the Avon River.

That's three wastewater treatment plants within 10 kilometres of each other, serving less than 10,000 people.

The one that is currently under construction is ex-

pected to cost at least \$11 million to complete. That cost is being split between the Town of Windsor, and the provincial and federal governments.

The councils of West Hants and Windsor almost collaborated on a joint wastewater plant several years ago, but things didn't work out.

Chief Administrative Officer Louis Coutinho said sending Windsor's sewage to Falmouth for treatment was never seriously considered.

"Several options were looked at; one of those options was expanding our existing sewage treatment plant," Coutinho said.

"With the existing plant, there was no capacity to process that kind of volume."

The second option was working with West Hants on a new sewage treatment plant.

"We had approached West Hants about holding off on their sewage treatment plant for Falmouth and joining with us," Coutinho said. "Their council made the decision that they didn't want to wait because we were still in the process of doing studies because our council had made the decision to proceed with it."

The third option eventually led to the construction of the new sewage treatment plant.

The new treatment facility is expected to come online on June 1.

Don Beatty, the wastewater project director and the town's former director of public works, said at the end of the day no more raw sewage will flow into the Avon River — which is a good thing.

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A British Columbia man is facing charges of fraud under \$5,000 for allegedly impersonating a Fort McMurray evacuee and taking advantage of people trying to help, police say. AFP/GETTY IMAGES

Man charged over Fort McMurray fraud

CRIME

Assistance given to people thought to be wildfire victims

Police say a British Columbia man is facing charges for allegedly impersonating a Fort McMurray evacuee and taking advantage of people who were trying to help.

The RCMP says it received a complaint from Family and Community Support Services in Claresholm, Alta., about a

man and woman suspected of pretending to be among the wildfire evacuees.

Police allege the man travelled to Claresholm and "took advantage" of people who thought they were helping wildfire victims.

They say Darryl Rondeau, 45, of Victoria, B.C., has been charged with fraud under \$5,000.

Kieth Carlson, owner of Roy's Place restaurant in Claresholm, said he wasn't surprised when police contacted him about the case. He said he was suspicious not long after a woman came into the restaurant asking for

a job. She said she had fled the flames in Fort McMurray with only the clothes on her back.

"I said, 'I'm looking for cooks,' and she claimed she knew how to cook," Carlson said. "I said, 'Well, let's give you a job.'"

But he said when she returned later with her partner, she said she had a health issue, and the man was concerned that the stress she was going through might exacerbate it. She couldn't accept the job.

"When she didn't take the job and had a few excuses about everything, I just went, OK, they're not in that big of

a need," Carlson said.

Despite his suspicions, Carlson invited the couple back to the restaurant that evening for a free meal. They ordered steaks, Carlson believes.

Carlson said they asked him to come out of the kitchen to thank him, but he sent word back to their table that he was busy and that it was no big deal.

RCMP allege the couple never actually lived in Fort McMurray and had no ties to Alberta. Police said while they were in Claresholm, townspeople provided them with a place to stay, clothes, meals and bought a pair of work boots. THE CANADIAN PRESS

DEBIT CARDS

Alta. NDP criticized over transparency

Jeremy Simes
For Metro | Calgary

The Alberta NDP has been smoky about administration costs to dole out debit cards for Fort McMurray residents, leaving some wondering why they can't get answers.

Since end of day Wednesday, the government's \$100-million relief program saw the expenditure of \$73.1 million to assist 70,252 people, prompting Fort McMurray resident Frank Bayuk to question what will happen to the remainder and admin costs associated with the program.

The government, however, wouldn't provide figures on how much it has spent on the debit card program, even though it has outlined the associated costs for

a contractor to roll it out.

John Archer, Government of Alberta media officer, said the government isn't in a position to tabulate or discuss admin costs as it's focused on delivering necessary services to those affected by the fire.

Bayuk, who is staying in an Edmonton hotel, said he wishes the government was more transparent.

Archer said remaining dollars will stay within government for "other priorities," adding administration costs will be on top of the budgeted \$100 million.

Though the government hasn't released costs associated with the debit card program, Wildrose environment critic Todd Loewen said money could have been saved if the NDP relief funds electronically.

IN BRIEF

Trudeau, Abe to talk partnership in Japan

Prime Minister Justin Trudeau will sit down with his Japanese counterpart Tuesday to discuss the countries' business ties as well as security co-operation before the Group of Seven summit later this week.

Trudeau's agenda for his meeting with Prime Minister Shinzo Abe includes issues like investment, education and trade, such as the huge 12-country treaty known as the Trans-Pacific Partnership.

Trudeau will also meet the presidents of Honda, Toyota and Subaru. THE CANADIAN PRESS

PM to 'explore' Expo bid

Toronto Mayor John Tory says that he won't support a bid to host Expo 2025 unless the federal and provincial governments commit to footing part of the bill.

He made his remarks in a written statement Monday after a group pushing for the bid released a letter signed by the prime minister.

In Justin Trudeau's letter, he writes that if city council approves a bid, the federal government will "explore next steps."

The city's executive committee will meet Tuesday to discuss the proposition.

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Iraqis in battle for Fallujah

MILITARY OFFENSIVE

Daesh forced to give up areas outside long-held city

Iraqi government forces on Monday pushed Daesh militants out of some agricultural areas outside Fallujah as they launched a military offensive to recapture the city from the extremists, officials said.

Backed by U.S.-led coalition airstrikes and paramilitary troops, Iraqi government forces launched the long-awaited military offensive late Sunday. The city, located about 65 kilometres west of Baghdad, has been under the militants' control since January 2014.

The commander of the Fallujah operation, Lt. General Abdul-Wahab al-Saadi, could not say how long the offensive would take, citing the terrain, the number of civilians in the city and bombs planted by the militants. Al-Saadi added the first phase aims to surround and bomb Daesh positions.

Federal police battalion com-



Smoke rises from Daesh positions after an airstrike by U.S.-led coalition warplanes in Fallujah, as Iraqi security forces and allied Shiite Popular Mobilization Forces and Sunni tribal fighters, take combat positions outside Fallujah Monday. THE ASSOCIATED PRESS

mander, 1st Lt. Ahmed Mahdi Salih, said ground fighting was taking place around the town of Garma, east of Fallujah, which is considered the main supply line for the militants.

Col. Mahmoud al-Mardhi — in charge of paramilitary forces — said his troops recaptured at

least three agricultural areas outside Garma.

In the early days of the insurgency following the 2003 U.S.-led invasion that toppled Saddam Hussein, Fallujah emerged as the main stronghold for different militant groups opposed to American forces. The main

group was al-Qaida in Iraq, which later spawned Daesh. The city was also the site of two bloody battles against U.S. forces in 2004.

Since August, Fallujah has been under siege by government troops, who have prevented the entry of food and

medicine into the city. Residents seeking to flee the city have sometimes found themselves trapped by the militants, who aim to retain Fallujah's civilian population as human shields against a full-scale government assault.

THE ASSOCIATED PRESS

PERU

Mercury poisoning feared

Peru's government has declared an emergency across a broad jungle region because of mercury contamination caused by wildcat gold mining.

The 60-day decree issued Monday affects 11 districts in the Madre de Dios region where studies have found high levels of the toxic element in people, rivers and fish.

Deputy Health Minister Percy Minaya says as many as 50,000 people could be exposed to the high levels of mercury.

The government says it will send hospital boats to help treat people living in the affected area, where the government has been trying to stamp out the illegal mining along rivers.

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50,000

The number of people that could be exposed to high levels of mercury from wildcat gold mining.

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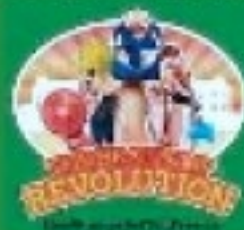
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KENYA

Police shoot dead two protesters

At least two people died Monday when Kenya's police shot, beat and tear gassed demonstrators across the country who called for the electoral commission to be dissolved due to allegations of bias and corruption.

The two were shot dead in

Siaya County, in western Kenya on the shore of Lake Victoria, according to Bonny Odinga, the county's communications director.

The protests, held each Monday for the past four weeks, come before elections next year and are organized by Kenya's

main opposition group, the Coalitions for Reforms and Democracy.

Police Inspector General Joseph Boinnet said he would not permit the demonstrations because the opposition group did not notify police of their intent.

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19-year-old Farah Sheikh Ahmed, from Idlib, Syria, with her baby girl Maram.



34-year-old Wajdan Shalhob, from Daraa, Syria, with her baby boy Faouaz.



24-year-old Asmaa, from Damascus, Syria, and her baby girl Jana.



Rojin, a Kurdish-Syrian mother from Qamishli, Syria, with her baby girl Beritan. ALL PHOTOS: THE ASSOCIATED PRESS

MIGRANT CRISIS

The newborns of Idomeni

The women walked across the Syrian border into Turkey heavily pregnant, crossed the Aegean Sea in perilous journeys that risked their own lives and those of the babies they carried, because they dreamed of their children being born in a better world, in a peaceful, prosperous country in central or northern Europe.

But Balkan and European countries shut their borders earlier this year, leaving pregnant women among 54,000 people stranded in Greece.

Trapped by the closure of the Macedonian border, dozens of women have brought their children into the world in refugee camps in Greece, of which the largest is the sprawling, impromptu camp at Idomeni.

Uday was born on April 13. The entire first month of his life has been spent in the small tent his parents pitched in front

of the Idomeni railway station, where his mother, 21-year-old Alia Mohamad, nurses him and struggles to quiet his constant crying.

"I don't know what his future is," said Mohamad, who fled with her husband from Aleppo in Syria and has been in Idomeni since Feb. 28. "What I think is that my child's future is lost."

According to the local hospital in the nearby town of Kilgis, 120 women staying at Idomeni have given birth at the hospital since the start of the year, while one gave birth in the camp itself and was then transferred to the hospital.

Despite pressure from Greek authorities for refugees to leave the sprawling Idomeni camp for organized refugee camps elsewhere, many of the women with very young infants are reluctant to move, fearing there will

not be adequate care there for their babies. In Idomeni, volunteers and aid organizations have been delivering milk and other necessities.

Fatima Dali Hassan, a 25-year-old Kurd from Aleppo, arrived in Idomeni with her husband and three small daughters, when she was seven months pregnant.

The family's new member, a little boy they named Mohamed, was born in Kilgis hospital on March 27.

"We started (this journey) for a better future of my children," she said. "Syria is destroyed for the next 20 generations."

Hassan says she prefers her little tent in a field in Idomeni to one of the organized camps, where she heard there was a shortage of milk for the children.

"I will wait until God saves us," she said.

THE ASSOCIATED PRESS

PLANE CRASH

France joins EgyptAir search

The French navy said Monday that one of its ships has joined the search for the wreckage of EgyptAir Flight 804, focusing especially on the hunt for its flight recorders, as questions remain over what caused the Airbus 320 to crash over the Mediterranean, killing all 66 on board, including two Canadians.

Five days after the plane

crashed, human remains of the victims arrived at a morgue in the Egyptian capital, Cairo, where forensic experts were to carry out DNA tests, according to the head of EgyptAir, Safwat Masalam.

A security official at Cairo morgue said family members had arrived at the building to give DNA samples to match with the remains, which in-

cluded those of a child. He spoke on condition of anonymity because he was not authorized to brief the press.

It is still unclear what caused the plane to crash, or indeed what happened to the doomed jet in the final minutes before it disappeared off radar at around 2.45 a.m. local time Thursday.

THE ASSOCIATED PRESS

Officer acquitted in Freddie Gray case

COURT

Young black man suffered injuries in police van

A Baltimore officer was acquitted of assault and other charges Monday in the arrest of Freddie Gray, dealing prosecutors a second straight blow in their bid to hold police accountable for the black man's death from spinal injuries suffered in the back of a police van.

The judge who decided Officer Edward Nero's fate in the non-jury trial concluded Nero played little role in the arrest and wasn't responsible for the failure by police to buckle Gray in during the jolting ride.

Upon hearing the verdict, Nero hugged his attorney and appeared to wipe away a tear.

Nero, who is white, was the second of six officers charged in the racially combustible case to stand trial. The manslaughter



A Baltimore officer was acquitted Monday of assault and other charges in the arrest of Freddie Gray.

WIKIPEDIA.COM

ter case against Officer William Porter ended in a mistrial in December when the jury deadlocked. Prosecutors plan to retry him at some point.

The next case to go to trial is that of the van driver, who faces the most serious charge of all, second-degree murder. His case is set for June 6.

Grey died a week after his neck was broken during the ride while he was handcuffed

and shackled but not belted in. His death triggered rioting, looting and arson in Baltimore, and his name became a rallying cry in the nationwide furor over the deaths of black men in clashes with police.

Nero, 30, waived his right to a jury trial, choosing to argue his case before Circuit Judge Barry Williams.

"The state's theory has been one of recklessness and negligence," the judge said. "There has been no evidence that the defendant intended for a crime to occur."

The assault charge carried up to 10 years in prison. Nero was also found not guilty of reckless endangerment and misconduct.

Nero remains on desk duty and still faces a departmental investigation that could result in disciplinary action.

About a dozen protesters gathered outside the courthouse as the verdict was read, but they were far outnumbered by members of the media.

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Louise Howard works on the baby clothes and accessories she makes from her home in Montreal. Howard is one of a growing number of Canadians working from home. THE CANADIAN PRESS

Telecommuting growing rapidly

WORKPLACE

Companies aim to save money, respond to employees

Like many Canadians, Carla Holub has gladly given up commuting for the ease and comfort of working from home.

The 41-year-old WestJet sales agent says she has no regrets since she made the change three years ago. Telecommuting affords her the time to take her children to dance lessons and hockey while reducing her lunch, coffee, gas and car insurance costs, she says.

"It's been a great switch," she said from Calgary. "It just freed up a good two hours of my personal time being able to work from my home office."

WestJet Airlines plans to establish a bilingual call centre in Moncton, N.B., but most of the 400 agents will work from

home. They will join about 85 per cent of the airline's 900 call centre workers in Calgary who since 2013 have shifted to fielding customer calls remotely.

The move has saved WestJet the cost of expanding its office to accommodate its growing staff, though that is partially offset by expenses to buy extra computers for employees so that they can work from home.

The shift to telecommuting has accelerated since the 1990s growth of technology, said Sheryl Boswell, director of marketing for job website Monster Canada.

She said most companies that allow employees to work from home are looking to build their businesses without added office expenses. They are also seeking access to a broader talent pool, she said.

More than 1.7 million paid employees — those not self-employed — worked from home

5,000

The number of home-based employment positions listed on Monster Canada.

in 2008 at least once a week, up almost 23 per cent from the 1.4 million in 2000, according to the latest Statistics Canada report on the subject in 2010.

Despite the increase, the proportion of paid employ-

ees working from home grew by just one percentage point to 11.2 per cent during the period. A faster pace of growth among self-employed pushed the total proportion of people working from home up two percentage points to 19 per cent in 2008.

Louise Howard is typical of those many self-employed home workers. The mother of children aged six and eight spends a few hours a day sewing clothing and accessories for children from her dining room that she sells online and to neighbourhood stores.

"It's more a hobby that's become a business by accident," said Howard.

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ROSEMARY WESTWOOD

ON THE DOWNSIDES OF FAST FASHION

We routinely drape ourselves in relative cheapness. And it matters what you put against your skin. It matters where and how it was farmed, spun and woven, and how much the farmers and factory workers earned.

The hummingbirds almost look alive. Intricately stitched in blues, hovering near pansies shaded purple and orange. It is a delicate piece of embroidery — a point underlined by the quote above the work, etched into glass that blocks fingers from stroking the threads: "I do this work out of love for my craft. No amount of money could cover the labour involved." — Faustina Sumano Garcia.

Her blouse was, of course, paid for. The Royal Ontario Museum commissioned it for a recent exhibition, *Viva México! Clothing & Culture*, which wrapped this past weekend. But the point is made: This is not fast-fashion handiwork. The blouse hangs beside blankets, tablecloths and dresses, all fabrics more properly deemed "textile art" in the exhibition literature. It took Garcia, an award-winning artist, "several" months to painstakingly hand embroider her piece in satin thread, we're told. And that makes it the antithesis of the fabrics we are surrounded by today.

On your body now likely hangs something far less fine. Perhaps that makes

sense. We're so used to owning a dozen of everything (dresses, pants,

shoes) that it would seem wild to spend all that much on each item.

Metro POLL

Who lost #Elbowgate?

After last Wednesday's melee in the House of Commons — when Prime Minister Justin Trudeau took the Conservative whip by the arm, elbowed an NDP MP and got into a verbal fight with NDP Leader Thomas Mulcair — all three parties sought to turn the incident to their advantage, and the media jumped all over the story. We asked: who came off looking worst?

61% Mulcair and the NDP. They completely overreacted.

19% The media. They sensationalized and worsened the situation.

17% Justin Trudeau. He acted like an arrogant, entitled lout.

3% The Conservatives. They could have taken the high road, but they didn't.

The media loves these easy stories instead of covering important issues.

Mulcair was unbelievably childish.

The elbowing was clearly accidental. An apology should have sufficed.

Trudeau was STUPID to get up and create this maelstrom.

visit metronews.ca
HAVE YOUR SAY

How frequently do you wander the aisles of an H&M or Zara and marvel at the fabric?



We could use more independence from all our legislators

HALIFAX MATTERS

Stephen Kimber



The best news about the just-ended Nova Scotia legislature session is that there was so little government news.

There were no new zig-zagging announcements the government was eviscerating working-just-fine programs like Seniors' Pharmacare or the film tax credit (oh wait, Stephen McNeil's Liberals already attacked those), and no zagging gifts to money-pit ferries (oh, wait, we're already committed to a decade's worth of gifts-that-keep-on-taking).

The worst news: If the rumours are to be believed, the Liberals will call a fall election based on their look-ma-no-math, "balanced" budget before the final curtain falls on the province's film industry, our latest ferry funding sails away and we finally realize just how fact-free their fuzzy financial numbers really were. But perhaps the most intriguing news from Province House this spring has been the tentative flowering — finally — of a real opposition to the McNeil government.

Start with the re-emergence of dismissed ex-Liberal cabinet minister Andrew Younger as an independent MLA. Younger has always been smart; his problem is he's not as smart as he thinks — and he doesn't play well with others. But, as an independent, he's free to stick his insider knowledge to his former colleagues.

And he has, with well-

timed blog posts on the province's fracking ban-that-isn't and the long-term prognosis for the Muskrat Falls power project. He even teamed up with the Green Party to introduce a private member's bill requiring the province to publish greenhouse gas targets by July 2016.

We could use more independence in all our MLAs.

Then there's Jamie Baillie, the Progressive Conservative leader who — after years sounding like a Harper-Me-Too Conservative — has rediscovered the progressive in PC. This session he argued for greater support for victims of sexual assault and early intervention for young people suffering mental illness while championing the cause of government-abandoned film workers.

Finally, there's Gary Burrill, who won the NDP leadership this winter with no help from — or debts to — Darrell Dexter's inner circle. Showcasing a proposal for a \$15 minimum wage, he is sharpening the party's focus on its more traditional progressive constituencies at a time when their issues — income inequality, investments over book-balancing — seem to be in ascendance in the U.S. and Canada.

The next legislature session — or general election, whichever comes first — promises to be interesting.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax matters runs every Monday.

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
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The more you Knowles



Beyoncé's surprise visual album *Lemonade* has been a lightning rod for discussion since its April 23 release. The response is a credit to the complexity of the album, both musically and visually. After all, it's hard to imagine American feminist Bell Hooks writing an essay on, say, the new Ariana Grande album the way she did with *Lemonade*. Here, three professors who teach Beyoncé give us a crash course on Queen B. Welcome to the University of Bey. **TORSTAR NEWS SERVICE**

1 Melissa Avdeeff

Position: Sessional lecturer in the School of Music, University of Victoria

Course Name: Beyoncé

Course Description: With Beyoncé as a case study, the course looks at race, gender and sexuality in popular music.

Why B? Avdeeff, a contributor to *The Beyoncé Effect*, a forthcoming book of critical essays, was interested in how Beyoncé disrupts norms of gender and sexuality.

"She's a very feminine figure, a very sexual figure, but she's also very strong-willed and independent," Avdeeff says.

Life After Lemonade: Releasing *Lemonade* on HBO, Avdeeff says, gave the project a water-cooler cachet reminiscent of a bygone media era.

"Think back to the '50s in television," she says.

"Everyone watched the same three channels so the next day you're like, 'Hey, did you see such and such on TV?' That was an event."

"We haven't had any other cultural products that have had such extensive think pieces and discussion on this level."



2 Kevin Allred

Position: Adjunct lecturer in American studies, Rutgers University

Course Name: Politicizing Beyoncé

Course Description: This course compares and contrasts Beyoncé's music and videos with seminal work by black female writers.

Why B? Allred finds Beyoncé's music and videos contain multiple layers. He argues the theme of infidelity that runs through *Lemonade*, for example, is allegorical for "the promise of rights; the promise of life, liberty, the pursuit of happiness; and how that has not been the case in a lot of ways, especially for black women."

Life After Lemonade: Get in Formation indeed. Allred aligns the imagery and themes of *Formation* and the *Formation* Tour with previous pop culture "movements," such as Janet Jackson's *Rhythm Nation*. "It's creating a movement with the music," he says. "It's not just a tour."



3 Naila Keleta-Mae

Position: Assistant professor of theatre and performance, University of Waterloo

Course Name: Gender and Performance

Course Description: Viewing Beyoncé's 2013 self-titled visual album as a series of performances through the lens of feminist theory.

Why B? As a scholar specializing in performance, Keleta-Mae saw the music videos that accompanied Beyoncé as a unique opportunity to analyze a pop star's self-presentation. Keleta-Mae was also energized by the excerpt of writer Chimamanda Ngozi Adichie's TEDx talk *We Should All Be Feminists* on the song *Flawless*.

"*Flawless*' has competing ideas, that we should all be feminists and on the other hand the refrain is 'bow down b—s,'" Keleta-Mae says. "How do we reconcile both of those within the space of a four-minute video?"

Life After Lemonade: Keleta-Mae applauds Beyoncé for making the black female experience the spine of a major pop album, but balks at critics who feel Beyoncé isn't enough of an agitator. "People want her to be more feminist, to be more radical, to be less mainstream," she says. "What's lost in all that is that she is a mainstream pop artist. Historically mainstream artists haven't been the ones to upset the mainstream. Otherwise they won't continue to occupy that position of influence and power. The expectation that she would take on the kinds of stances that aren't mainstream to me makes no sense. If Beyoncé starts speaking about radical feminism then she is not Beyoncé anymore."



2015
BETWEEN:

SUPREME COURT OF NOVA SCOTIA
CIBC Mortgages Inc., a body corporate
- and -
Salyzyn & Associates Limited in its capacity as Trustee of the Estates of Jennifer Tulk and Anthony Tulk

Hlx No. 446569
PLAINTIFF
DEFENDANT

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To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

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Building, lands and premises known as 24 Nappan Drive, Lower Sackville, Halifax County, Nova Scotia, identified by PID 451310 and referenced at Schedule "A" of the mortgage dated October 26, 2008 and recorded at the Land Registration Office for Halifax County as Document No. 92123356. This property is registered pursuant to the Land Registration Act and is subject to restrictive covenants.

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Signed April 26, 2016
Nicholas C. G. Mott
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PO Box 2380 Central
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Solicitor for the Plaintiff

I, Andrew Rankin, Barrister
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'I enjoy creating a better world'



WHY I LIKE MY JOB

Chantal Sylvestre, 23, Energy Analyst at Energy@Work Inc.

I grew up on a farm and always felt connected to nature — so it only felt right to pursue a career that benefits the environment. I attended Humber College in Toronto, where I completed a three-year advanced diploma in sustainable energy and building technology. I spent some time volunteering and networking in the areas of environment, renewable energy and green building, which eventually led to a full time position.

My job is to convey information in a meaningful way to clients. I perform analysis on utility data to identify trends and opportunities for optimizing building performance, and have also conducted energy audits within commercial spaces to measure energy consumption, recommend conservation strategies and calculate potential savings.

Being an energy analyst is similar to being a storyteller; it takes inventive skills to understand what the data is trying to tell you and how to best share it with others. I enjoy creating a better world by conserving energy. When we reduce energy consumption, we also reduce pollution and conserve water, which is pivotal for sustainability.

THE BASICS: Energy Analyst

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Median wage of energy analysts. Those with more experience can earn upwards of **\$76,085** annually.

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HOW TO START

Many colleges offer specialized energy auditing programs, which provide hands-on, technical training in home, industrial and commercial inspections. A prospective student may also consider a diploma in sustainable energy and building technology, which places an emphasis on energy conservation, project management and sustainable building design.

WHERE YOU CAN GO

Swelling energy costs and a shift in building codes and development standards have driven the need for trained energy analysts. Canada is changing the way it distributes energy to confront environmental risks and to generate more work opportunities in green building and renewable energy projects. Government departments, construction contractors, environmental consulting companies and the Armed Forces are just a few sectors that promote and offer employment in this field.

NEXT CAREER STEP

The Energy Auditor in Training designation is an excellent preparatory vehicle for developing the technical skills needed to achieve the Certified Energy Auditor (CAE) certification. Both credentials provide fundamental knowledge on calculating energy consumption and developing conservation strategies. The internationally-recognized LEED Green Associate credential will also help establish an analyst as a serious green building professional.

MONEY MATTERS

You can't buy your blues away

Gail Vaz-Oxlade
For Metro Canada



Ashleigh loves to complain that she doesn't have any money.

I've been trying to help her figure out where her cash is going, and how she's going to start building up an emergency fund, so that the next time she loses a shift at work she isn't thrown into a panic.

The first time I asked Ashleigh where her emergency money went, she told me that it had been a very stressful week at work.

When she walked past her favourite dress shop, she popped in to have a look to cheer herself up.

She spent \$274 on a dress, a great jacket and a new scarf. She was quite proud, since the dress was 50 per cent off. She had the money in the bank. She'd just rebuild her emergency fund.

The second time Ashleigh dipped into her emergency fund, it was because she was exhausted. "I just needed some me time," she said, her eyes pleading with me to understand that it was a make-or-break thing. "I bust my ass. I deserve a spa day."

Then there was her sister's wedding. "My best friend from high school is coming to town for this. I have got to look good." In her desperate attempt to com-



Everyone enjoys the buzz of a new purchase, but if you're letting that buzz drive you to do things that will hurt you in the long run, it's time to make a change. ISTOCK

pete with a woman she rarely saw, Ashleigh blew half her savings.

Ashleigh spends when she's stressed, when she's exhausted, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue.

Ashleigh is an emotional spender. Are you one, too?

If you shed dollars when you're in the emotional rough, it's time to figure out what's triggering your spending. Hey,

everyone enjoys the buzz of a new acquisition.

But if you're letting that buzz drive you to do things that will hurt you in the long run, you're the dog being wagged by your tail. Staying out of the stores is a good way to battle emotional spending.

Breathing alleviates stress, and it's free. So does walking, singing, watching a funny video, and myriad other stress-busters that don't involve spending money.

If you're pummeled with ads or you have an inbox full of sales from online stores, you're begging for trouble.

Nobody can face that much temptation and keep walking away. And when you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money.

Get off those lists. Unsubscribe to catalogue mailings. Don't even open the email offers. Just move 'em to your junk file.

I'm not saying you can't ever impulsively get an ice cream. Just don't make that impulsive response your bridge over an emotional gully. If buying is how you fix your bad moods, you're getting into a disastrous habit.

For more money advice, visit Gail's website at gailvazoxlade.com

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Shacking up not for many Canadians

RELATIONSHIPS

'Apartners' are couples who choose not to live together

Sofi Papamarko
Torstar News Service

Tim Burton and Helena Bonham-Carter were famously rumoured to have lived in separate but adjoining houses throughout their marriage. Spencer Tracy and Katharine Hepburn had an intense relationship for 26 years but never lived under the same roof. Celebrities: they're just like us!

Close to two million Canadians were in Living Apart Together (LAT) arrangements in 2011, according to Statistics Canada. That is, they were in a relationship without living together. Among them was Paige Dzenis, 32, who lived separately from her then-boyfriend and now-husband for nine years before they moved in together after officially tying the knot. The couple lived

separately in the same Toronto neighbourhood.

"I loved my apartment," Dzenis recalls. "I loved my neighbours and my landlord and the street I lived on — it was very hard to give it all up when the time came (to move in together). I'm also a bit of an introvert, so I enjoyed having my own space where I could sink into the couch and watch TV and play with my phone and not talk or move for hours on end with no judgment."

As someone untidy ("creative!") who eats cereal for non-breakfast meals with alarming frequency, I can confidently state that I too am familiar with the appeal of solo living.

"Living apart gives the benefit of creating mental space for both partners to breathe and think independently, and to make educated decisions about the relationship as a whole," says Dr. Kimberly Moffit, a Toronto-based relationship expert.



It was very hard to give it all up.

Paige Dzenis

"Living apart can be great for couples who are fiercely career-oriented and early in their careers, while they are establishing themselves."

But many adults who live apart together are already well established in their careers — even retired — and they know that their romantic partnership is built to last. They simply choose to exist in their own separate spaces.

Sharon Hyman and her partner David live apart. She enjoys solitude and feels that spending time apart actually brings them closer together.

"Just because you love someone does not mean you necessarily want to share a home with them," says the 53-year-old filmmaker, who is making a documentary on the subject. "In my mind, sharing emotional space does not mean you have to share physical space."

Hyman explains that many people are puzzled by her choice to live apart from her romantic partner, but different people have different needs. Just because they don't live together (and never plan on living together) doesn't mean their partnership is any less valid.



Sharon Hyman is working on a new documentary called "Apartners" about couples who intentionally live apart, like she and her partner David do. COURTESY PAZIT PEREZ



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Milos Raonic advanced to the second round of the French Open with a 6-3, 6-2, 7-6 (5) win over Janko Tipsarevic Monday



Scouts juggling playoff duties, draft preparation

RAPTORS POST-SEASON RUN

Playing deep into May has created hiccup for Ujiri & Co.

It has been a long grind for the Toronto Raptors, unprecedented and wild, intense and all-consuming.

It has been fun, the ups and downs and emotions of a run to the NBA Eastern Conference final well worth it, all things considered.

But for a faction of the organization, it has been a difficult process to get a grip on because it's cutting into what would normally be a period of laser-like focus on the future instead of the now.

The NBA draft — the bread and butter time of the season for Toronto's front office and scouting staffs — is just more than a month away and the clock is already ticking on choices for the No. 9 and No. 27 selections the team has.

It has presented president and general manager Masai Ujiri with a challenge he's never had to deal with before.

"It's a great problem to have, trust me," Ujiri said as the conference final against the Cleveland Cavaliers unfolds. "It's a



The last time the Raptors picked ninth in the draft was in 2009 when they selected DeMar DeRozan. TOM SZCZEBOWSKI/GETTY IMAGES

very unique one because it's my first time being a part of this and it's very cool."

To figure it all out, Ujiri has done what any smart manager would do. He has picked the brains of colleagues who are used to balancing a long playoff run with draft preparation and taken the best advice from a variety of sources.

"We were shuttling back and forth to Chicago (and the NBA's draft combine earlier this month) and I had to call R.C. (Buford, the San Antonio general manager) and I called a couple of other guys who are used to it to find out how you do it because there's Europe, there's workout, there's talking to agents and all that stuff

going on and you have to figure out a way."

Ujiri, executive vice-president Jeff Weltman, director of player personnel Dan Tolzman and the team's scouts have had to find time here and there wherever they can to talk about the possibilities for the draft picks.

They have yet to be able to schedule the group workouts



I think this is a good, good asset for our organization and something else to add to what we already have.

Masai Ujiri on the No. 9 pick

they would normally have in Toronto at this time, so they do what they can where they can.

"You want to play longer and all this stuff is going on, before you know it, the draft is here and free agency is here," Ujiri said.

"We are preparing and we have a lot of our meetings on the road during the playoffs. A lot of our scouts are with us and we do a lot of discussion there."

"You just have to keep figuring out the grind, that's the nature of what we do."

TORSTAR NEWS SERVICE

Go to metronews.ca for coverage of Raptors-Cavaliers Game 4.

NBL CANADA PLAYOFFS

Canes wipe out Mill Rats

Kristen Lipscombe
Metro | Halifax

The Halifax Hurricanes have blown through its playoff series against the Saint John Mill Rats.

They won their seventh straight playoff game Saturday night, 109-80, to claim the Atlantic Division title and book their ticket to the National Basketball League of Canada championship series.

The four-game sweep of Saint John was sealed on the road, following Game 3 on Friday night, also at Harbour Station, where the Canes forced it into overtime to edge the Rats out 110-104.

The first two matchups of the second-round playoff series unfolded last weekend in Halifax, with the Hurricanes snagging victories by the scores of 130-86 and 117-89.

This marks the first Atlantic Division title for the Hurricanes franchise, although the municipality's former team, the Halifax Rainmen, accomplished the same honour last year.

The Hurricanes will tip off against whichever team wins the Central Division final, which features the London Lightning and defending NBL Canada champions the Windsor Express.

The Lightning lead the series 3-2, following a 108-98 win Saturday night. Game 6 is set for this Friday in Windsor. If needed, Game 7 will tip off next Tuesday in London.



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The Lightning's Nikita Kucherov scores the game-equalizing goal against the Penguins in Tampa Bay's 4-3 overtime win in Pittsburgh on Saturday night. GENE J. PUSKAR/THE ASSOCIATED PRESS

The big-game assassin, Nikita

NHL PLAYOFFS

Time after time, Russian winger steps up for Lightning

The bigger the playoff moment, the more Nikita Kucherov shines.

The young Russian has a knack for scoring when Tampa Bay needs it most, which is one of the reasons the Lightning are within one victory of reaching the Stanley Cup final for the second straight year.

Kucherov has found the back of the net an NHL-leading 11 times in 15 games this post-season, seven of them in situations in which he's either tied the score or given his team a lead.

The 22-year-old's latest addition to his impressive playoff résumé he began compiling last year was a late goal Sunday to force overtime against Pittsburgh in Game 5 of the Eastern Conference finals. He also notched an assist on Tyler Johnson's winner less than a minute into the extra period.

The 4-3 victory on the road gave Tampa Bay a 3-2 lead in the best-of-seven series. Game 6 is Tuesday night in Tampa, Fla.

"When you're a rising star in this league, as he is ... every team's got one of those guys at

some point," Lightning coach Jon Cooper said. "It just seems the bigger the moment, the bigger they rise to the occasion. He is proving that last year wasn't a fluke. He's just a gifted, skilled, determined player. He's really a pleasure to coach."

Kucherov had 10 goals in 26 playoff games a year ago, including a pair of overtime winners that helped the Lightning to the Stanley Cup final, where they lost to the Chicago Blackhawks in six games. One more victory and Tampa Bay will become the first team to make consecutive trips to the championship round since the Penguins and Detroit Red Wings did it in 2008 and 2009.

"He keeps climbing the ladder, and he keeps getting better. But what has really been remarkable for me this year in watching him is the timeliness of his game. He's not scoring one goal in a 6-1 loss or the sixth goal in a 6-1 win," Cooper said Monday.

"He's getting the game-tied, game-winner; sets up the biggest of the biggest goals, and that says a little bit about the type of player you are," the coach added.

Pittsburgh has gone from a 2-1 series lead to facing elimination for the first time this post-season after losing consecutively for the first time since January.

Coach Mike Sullivan said he won't make a decision on a starting goaltender for Game 6 until



When you need him, he's the one ultimately, more often than not, that's there for you.

Lightning coach Jon Cooper on Nikita Kucherov

Tuesday morning. Marc-Andre Fleury made his first start in nearly two months in Game 5, and was unable to protect leads of 2-0 and 3-2.

Rookie Matt Murray started the first four games of this series and is 9-4 with a 2.33 goals-against-average and .923 save percentage.

"I thought Marc made some big saves for us, especially early in the game," Penguins coach Mike Sullivan said, adding it was difficult to gauge how much the long layoff impacted Fleury's performance. THE ASSOCIATED PRESS

Go to metronews.ca for coverage more NHL playoff coverage.

IN BRIEF

McDavid picks golden moment to strike

Connor McDavid's first goal of the world hockey championship proved to be golden. The defence and goaltending took care of the rest.

McDavid's goal in the first period stood as the winner, backing a 16-save shutout from Cam Talbot as Canada successfully defended its world championship title with a 2-0 win over Finland in the tournament final on Sunday in Moscow.

THE CANADIAN PRESS

Still plenty of air in 'Deflategate' court case

Tom Brady's lawyers asked a federal appeals court for a new hearing before an expanded panel of judges, telling them on Monday that it is not just a silly dispute over underinflated footballs — it's the basic right to a fair process that is shared by all union workers.

Setting the stage for the "Deflategate" scandal to stretch into its third season, and putting Brady's four-game suspension back in the hands of the courts, the players' union asked all 13 judges of the 2nd U.S. Circuit Court of Appeals to hear the case that a three-judge panel decided in the league's favour.

THE ASSOCIATED PRESS

Vogelsong takes scary pitch to head in Pirates' win

Pirates starter Ryan Vogelsong was carted off the field after getting struck in the head by a pitch in the second inning of a 6-3 win over the Colorado Rockies on Monday in Pittsburgh.

With the bases loaded and Pittsburgh leading 1-0, Rockies starter Jordan Lyles (1-2) hit Vogelsong in the left cheek with a 92 m.p.h. fastball. Vogelsong was making his second start of the season, filling in because of a rainout Sunday.

The Pirates later said he was admitted to the hospital for injuries to his left eye. THE ASSOCIATED PRESS

Borussia lose centre back Hummels to rival Bayern

Germany defender Mats Hummels completed his transfer Monday from Borussia Dortmund to Bayern Munich.

The 27-year-old Hummels signed a five-year deal through June 2021, two weeks after the Bundesliga rivals agreed on the transfer, Bayern announced.

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SOCCER

FA Cup win not enough to save LVG

Replacing Alex Ferguson is proving harder than Manchester United could ever have imagined.

United is looking for its third manager since Ferguson's trophy-laden 26-year dynasty ended in 2013 after firing Louis van Gaal on Monday following months of uncertainty around his position.

Jose Mourinho is set to take over at Old Trafford as the latest coach attempting to revive the fortunes of England's biggest club.

It was beyond David Moyes, who lasted 10 months as Ferguson's hand-picked successor, and now Van Gaal has departed after

two underwhelming years when he oversaw more than \$350 million of spending on new players.

"I am very disappointed to be unable to complete our intended three-year plan," Van Gaal said. "I believe that the foundations are firmly in place to enable the club to move forward and achieve even greater success."

United, the record 20-time English champion, said its "decision on a successor as manager will be announced soon" while giving no names.

Delivering United's first trophy — an FA Cup on Saturday — since Ferguson's retirement was not enough to save Van Gaal. He paid the price for failing to qualify United for next season's Champions League.



Louis van Gaal
GETTY IMAGES

THE ASSOCIATED PRESS

RECIPE Corn and Black Bean Cous Cous Salad



PHOTO: MAYA VISNYEY

Ceri Marsh & Laura Keogh
For Metro Canada

A hearty salad on its own or top it with grilled chicken for a quick and easy dish.

Ready in

Prep time: 15 minutes
Cook time: 10 minutes

Ingredients

- 1 package couscous
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing

- 1 tablespoons extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon lemon juice

- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cook couscous according to package directions. Bring a large pot of salted water to boil. Drop in corn. Allow to cook for 3 minutes, or until corn is tender. Remove from water and allow to cool. Cut corn kernels from cob.

2. Pour couscous into a large mixing bowl and stir in corn, black beans, red bell pepper and feta. In a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat cous cous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

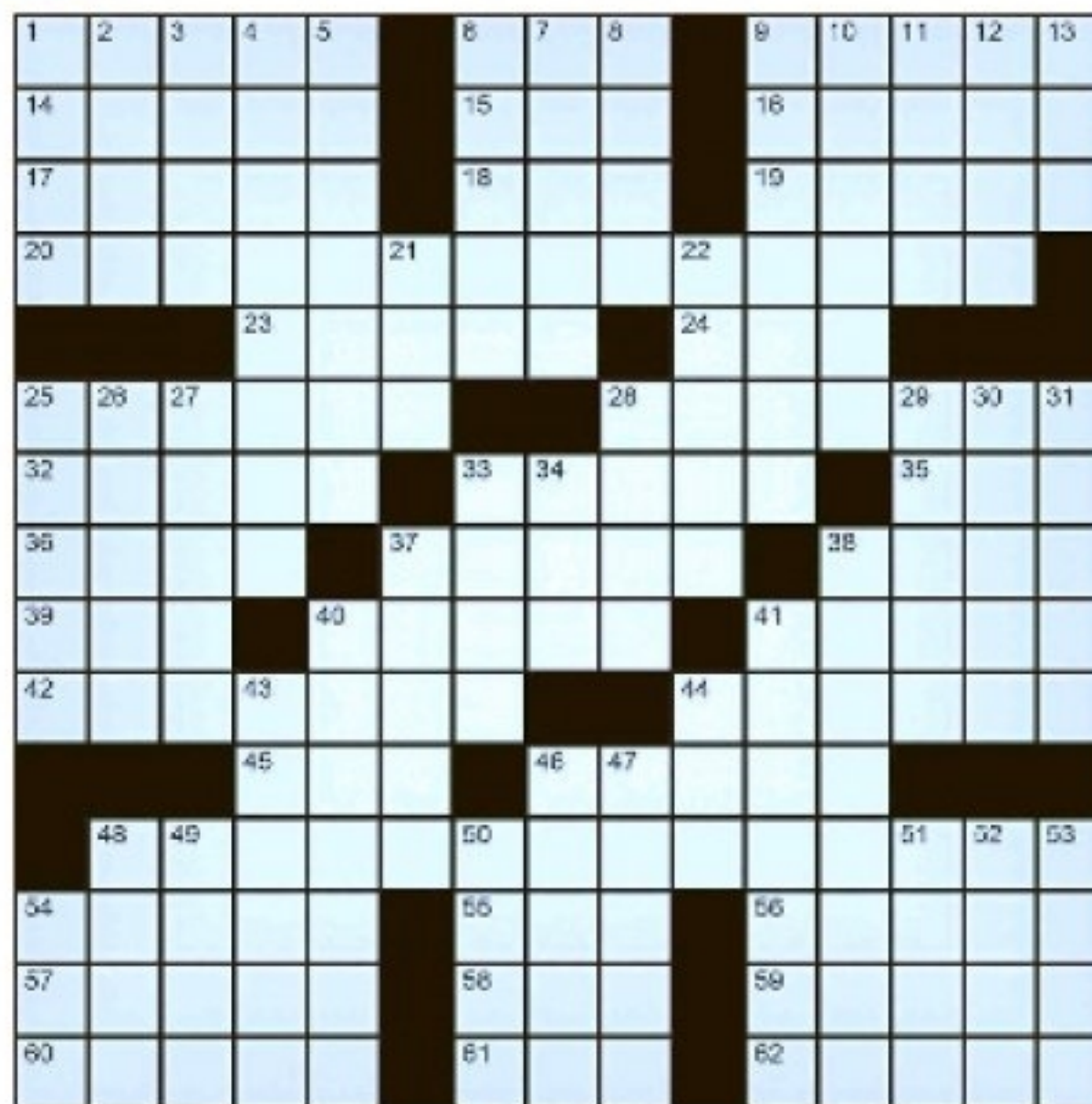
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Grates
- "How naughty!"
- Connivers
- Basketball great Mr. Thomas
- Sushi tuna
- Montreal Olympics legend Ms. Comaneci
- Motor scooter name
- Aperitif, __ Royale
- __ Dinner (Canadian food favourite)
- 'Branta canadensis' for the Canada Goose: 2 wds.
- Cheerful
- Amazed reaction!
- Wedding reception drinks offering: 2 wds.
- Disney movie musical of 1992 starring Christian Bale
- Neighbourhoods
- Anthony of "The Guns of Navarone" (1961)
- Make long grass short
- "The __ Show" (Chuck Barris hosted 1970s show)
- Scottish poet Robert
- Shell
- Star of ABC sitcom "Modern Family", __ Neill
- The Power of Positive Thinking author, Norman Vincent __
- (b.1898 - d. 1993)
- Humphrey Bogart's nickname



- __ populated (Like a large city)
- __ contest (Show like #36-Across)
- Mr. Linden
- Domicile
- Canadian stand-up comedian who famously appeared on #36-Across as

- his alter ego at #9-Down: 2 wds.
- Dog: Latin
- Cook's crack-ee
- Wed, Vegas-style
- Acid kind
- Travel delay
- More unique
- Eucharist

- bread plate
- Pastureland
- Swashbuckler's prop

DOWN

- Yukon's Porcupine, et al.
- "Gimme __" (Hold on...)

- Yes x 2, in Madrid
- Disguise worn by #9-Down: 2 wds.
- Canadian singer Ms. Twain's
- "__ Care of Business" by BTO
- Worker's time to work
- Opera's Dame __

- Te Kanawa
- As per #48-Across... The __ Comic
- Canadian songstress Ms. McLachlan
- Cheese variety
- Abundant
- Weekend day, wee-ly
- Road's coat
- Joel and Ethan of Hollywood
- __ war (Battled)
- Eat away
- Mortise and __ (Carpentry joint)
- Fourteen - five = What?
- Picture
- Reddish-rose dye
- Sugary
- Wharf
- WWW address
- Edward's beloved in 'Twilight' movies
- Restaurant dish go-with: 2 wds.
- Toronto's big airport
- Pesters
- Vigil vicinity
- Unit of weight ...US-style
- Pool nuisance
- Like oversized clothing
- Papa's wife
- Segment
- Holler!
- Matador's victim
- Secret agent, for short
- "Happy Days" geek
- Hat

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next three weeks, you will notice more beauty in your surroundings. In addition, you will be aware of how much love there is in your daily world.

Taurus April 21 - May 21
Look for ways to boost your income in the next few weeks, because you can do this. You will want to buy beautiful things for yourself and for loved ones.

Gemini May 22 - June 21
Today Fair Venus moves into your sign to stay for the next three weeks. This means this is perhaps the best time of the year for you to buy wardrobe goodies.

Cancer June 22 - July 23
Clandestine love affairs and secret rendezvous will take place for many of you in the next few weeks. (Don't threaten a long-term relationship with a mere bonbon.)

Leo July 24 - Aug. 23
Friendships will warm up in the next few weeks. In fact, many of you will attract creative, artistic people to you. Expect a lovely, social time ahead.

Virgo Aug. 24 - Sept. 23
In the next few weeks, someone will ask for your creative input on form, design, layout, gardening, furniture arrangement — whatever. Relations with authority figures will be cozy as well.

Libra Sept. 24 - Oct. 23
Travel for pleasure will appeal to you in the month ahead. Grab every chance you can to expand your world and enjoy museums and the creative art of other cultures.

Scorpio Oct. 24 - Nov. 22
Keep your pockets open, because gifts, goodies and money from others will come your way in the next several weeks. Don't ask questions. Just say, "Thank you!"

Sagittarius Nov. 23 - Dec. 21
Venus opposite your sign for the next few weeks is one of the best times for warm friendships, marriages and close partnerships. Venus paves the way for a lovely give and take.

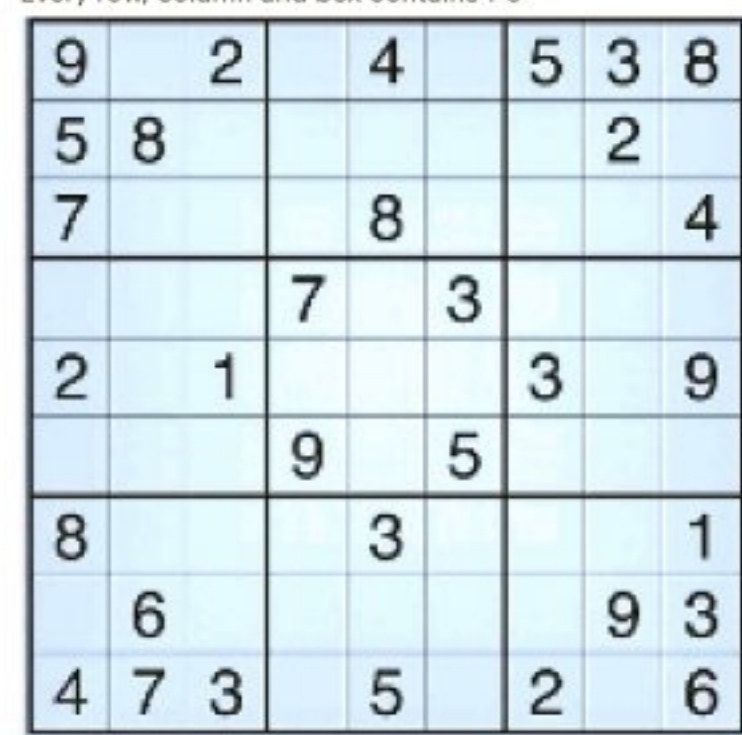
Capricorn Dec. 22 - Jan. 20
Praise, a raise and improved relations with co-workers will please you in the next few weeks. Even your health will feel improved.

Aquarius Jan. 21 - Feb. 19
Romance, love affairs, vacations, fun times at sports events and playful activities with children are tops on the menu for you in the next month. Aquarians are ready to play.

Pisces Feb. 20 - March 20
You will love to redecorate your digs in the next several weeks. However, this is also a good time for real-estate possibilities and entertaining at home.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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| YR | MODEL | KM | PRICE |
|------|--------------|--------|-----------|
| 2013 | AUDI Q5 2.0T | 58,129 | \$36,995* |



| YR | MODEL | KM | PRICE |
|------|--------------|--------|-----------|
| 2013 | AUDI Q5 2.0T | 76,815 | \$37,900* |



| YR | MODEL | KM | PRICE |
|------|---------|--------|-----------|
| 2013 | AUDI A8 | 37,066 | \$57,995* |



| YR | MODEL | KM | PRICE |
|------|---------|--------|-----------|
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| YR | MODEL | KM | PRICE |
|------|--------------|--------|-----------|
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| YR | MODEL | KM | PRICE |
|------|-------|--------|-----------|
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|------|-----------------|--------|-----------|
| 2015 | LANCER RALLIART | 24,846 | \$31,900* |



| YR | MODEL | KM | PRICE |
|------|------------|--------|-----------|
| 2014 | ROGUE 2.5L | 27,977 | \$29,900* |



| YR | MODEL | KM | PRICE |
|------|--------------|--------|-----------|
| 2011 | OUTBACK 3.6L | 81,312 | \$22,995* |



| YR | MODEL | KM | PRICE |
|------|-------------|--------|-----------|
| 2013 | LEXUS RX350 | 58,629 | \$37,995* |



| YR | MODEL | KM | PRICE |
|------|----------------|--------|-----------|
| 2012 | VOLVO S60 T6 R | 87,122 | \$24,995* |



| YR | MODEL | KM | PRICE |
|------|--------|---------|-----------|
| 2012 | BMW X5 | 100,636 | \$32,995* |



| YR | MODEL | KM | PRICE |
|------|--------|--------|-----------|
| 2013 | ACCORD | 41,230 | \$23,995* |

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